






Coleman Regional Community Center

384 Thompson Lane, Nashville, TN 37211 - 615-862-8445

Fitness Classes Aquatics Gymnasium (S) – Paid Class	Monday Hours: 6:00am – 8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Spring 2022 Schedule 615-862-8445 <u>Facility Coordinator</u> Randall Miller Jr. <u>Program</u> <u>Coordinator</u> Pamela Caban* <u>Recreation Leaders</u> Leslie Martinez-Garcia Alexis Orozco Christy Lusk-Reed Jonathan Diaz Jaylin London <u>Class Instructors</u> Leslie Martinez-Garcia b.fab Instructors Jasmine Dominique Windship Boyd Membership Fees: <u>Daily (Fitness Center)</u> Adult \$3.00 Teens/ Senior/Military \$1.50 <u>10 Visit Pass (Fitness Center)</u> Adult \$20.00 Teens/Senior/Military \$10.00 <u>30 Day Pass (Fitness Center)</u> Adult \$30.00 Teens/Senior/Military \$20.00 <u>Fitness Classes</u> \$4.00 <u>10 Pass Fit Card (Classes)</u> \$40.00	6:00am-8:15pm Fitness Center 6:00am-8:15pm Indoor Track Coleman Center Cardio Club 6:00am-1:30pm Adult Open Gym Basketball 2:00pm-4:00pm Teen & Family Open Gym (Ages 17 & under) <u>*Ages 14& under must be accompanied by adult*</u> 3:00pm-6:00pm After School Program Ages 6-14 (Registration Required) 6:00pm-8:00pm Adult Indoor Soccer http://www.meetup.com/Nashville-soccer/ 6:00pm-7:00pm Boot Camp w/Leslie (\$) 	6:00am-8:15pm Fitness Center 6:00am-8:15pm Indoor Track Coleman Center Cardio Club 6:00am-1:30pm Adult Open Gym Basketball 2:00pm-4:00pm Teen & Family Open Gym (Ages 17 & under) <u>*Ages 14& under must be accompanied by adult*</u> 3:00pm-6:00pm After School Program Ages 6-14 (Registration Required) 6:00pm-8:00pm Adult Indoor Soccer http://www.meetup.com/Nashville-soccer/ 6:00pm-8:00pm Teen & Family Open Gym (Ages 17 & under) <u>*Ages 14& under must be accompanied by adult*</u> 6:30pm-7:30pm b.fab Fitness Class (\$)	6:00am-8:15pm Fitness Center/ Track Coleman Center Cardio Club 6:00am-9:30am and 12:00pm-1:30pm Adult Open Gym Basketball 10:00am-11:30am Tot Time Open Gym 2:00pm-4:00pm Teen & Family Open Gym (Ages 17 & under) <u>*Ages 14& under must be accompanied by adult*</u> 3:00pm-6:00pm After School Program Ages 6-14 (Registration Required) 6:00pm-8:00pm Adult Indoor Soccer http://www.meetup.com/Nashville-soccer/ 6:00pm-7:00pm Boot Camp w/Leslie (\$) 7:00pm-8:00pm West African Dance w/Windship Every Wednesday except for the 3rd Wednesday of the month (\$) 7:00pm-8:00pm Afro-Brazilian & Afro-Fusion Dance Class w/Jasmine Every 3rd Wednesday (\$)	6:00am-8:15pm Fitness Center 6:00am-8:15pm Indoor Track Coleman Center Cardio Club 6:00am-1:30pm Adult Open Gym Basketball 2:00pm-4:00pm Teen & Family Open Gym (Ages 17 & under) <u>*Ages 14& under must be accompanied by adult*</u> 3:00pm-6:00pm After School Program Ages 6-14 (Registration Required) 6:00pm-8:00pm Teen & Family Open Gym (Ages 17 & under) <u>*Ages 14& under must be accompanied by adult*</u>  @ "Coleman Park Community Center"	6:00am-8:15pm Fitness Center 6:00am-8:15pm Indoor Track Coleman Center Cardio Club 6:00am-1:30pm Adult Open Gym Basketball 2:00pm-4:00pm Teen & Family Open Gym (Ages 17 & under) <u>*Ages 14& under must be accompanied by adult*</u> 3:00pm-6:00pm After School Program Ages 6-14 (Registration Required) <i>*Schedule is subject to change during Metro Nashville Public School breaks to accommodate students*</i>	8:00am-11:45am Fitness Center 8:00am-11:45am Indoor Track Coleman Center Cardio Club 8:00am-11:30am Family Open Gym <u>*Ages 14& under must be accompanied by adult*</u>

Coleman Regional Community Center Pool Schedule

384 Thompson Lane, Nashville, TN 37211 - 615-862-8445

Fitness Classes Aquatics Gymnasium (\$) – Paid Class	Monday Hours: 8:00am-7:00pm	Tuesday Hours: 8:00am-7:00pm	Wednesday Hours: 8:00am-7:00pm	Thursday Hours: 8:00am-7:00pm	Friday Hours: 8:00am-7:00pm	Saturday Hours 8:00am-11:00am
<p>Spring 2022 Pool Schedule 615-862-8445</p> <p><u>Aquatics Coordinator</u> Cassie Deas*</p> <p><u>Recreation Leaders, Lifeguards (*)</u> Thomas Hunter*</p> <p>Schedule is subject to change.</p>	<p>7:00am-10:00am Lap Swim/Water Walking</p> <p>10:00am-10:45am Senior Swim</p> <p>11:00am-12:00pm Lap Swim/Water Walking</p> <p>1:00pm-3:00pm Open Swim</p> <p>3:00pm -4:00pm Lifeguard Academy</p> <p>4:00pm- 6:00pm Lap Swim/Water Walking</p> <p>6:15pm-7:00 pm Learn to Swim Lessons Registration Required (\$)</p>	<p>8:00am-9:30am Lap Swim/Water Walking</p> <p>10:00am-10:45am Senior Water Aerobics</p> <p>11:00am-12:00pm Lap Swim/Water Walking</p> <p>1:00pm-3:00pm Open Swim</p> <p>3:00pm -4:00pm Lifeguard Academy</p> <p>5:00pm-5:45pm Learn to Swim Youth Lessons Registration Required (\$)</p> <p>6:00pm-6:45pm Learn to Swim Adult Lessons Registration Required (\$)</p>	<p>7:00am-10:00am Lap Swim/Water Walking</p> <p>10:00am-10:45am Senior Swim</p> <p>11:00am-12:00pm Lap Swim/Water Walking</p> <p>1:00pm-4:00pm Open Swim</p> <p>4:00pm- 6:00pm Lap Swim/Water Walking</p> <p>6:15pm-7:00 pm Learn to Swim Lessons Registration Required (\$)</p>	<p>8:00am-9:30am Lap Swim/Water Walking</p> <p>10:00am-10:45am Senior Water Aerobics</p> <p>11:00am-12:00pm Lap Swim/Water Walking</p> <p>1:00pm-3:00pm Open Swim</p> <p>3:00pm -4:00pm Lifeguard Academy</p> <p>5:00pm-5:45pm Learn to Swim Youth Lessons Registration Required (\$)</p> <p>6:00pm-6:45pm Learn to Swim Adult Lessons Registration Required (\$)</p>	<p>8:00am-11:00am Lap Swim/Water Walking</p> <p>11:00am-12:00pm Lap Swim/Water Walking</p> <p>1:00pm-4:00pm Open Swim</p> <p>2nd & 4th Friday's Intro Paddle boarding Clinics & Outdoor Recreation</p>	<p>8:00am-9:30am Lap Swim/Water Walking</p> <p>9:30am-11:00am Open Swim</p>
			<p>https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx</p>		<div>    </div> <p>@ "Coleman Park Community Center"</p>	

Coleman Park Regional Community Center Class and Program Descriptions:

Boot Camp W/ Leslie- Combination of strength, flexibility, cardio and core using weighted and bodyweight exercises. For all levels. **(\$4)**

b.fab fitness- b.fab's our own choreography of simple dance moves set to hip-hop, pop, Latin and even a little Bollywood. A high-energy, epic good time that will leave you with a sweat and a smile. No experience is required, just a desire to move and have fun! **(\$4)**

Afro-Brazilian& Afro-Fusion Dance Class W/Jasmine- Join Jasmine Dominique for a class full of soulful and dynamic movement that will lift your spirits and nurture your body while you develop rhythm and coordination, relieve stress, and increase fitness. **(\$4)**

West African Dance W/ Windship- Join Windship Boyd to explore together different dances from West Africa (primarily Guinean dances) with a focus on the fundamentals, feeling the music, and the joy of movement. Windship has been studying dance in West Africa for over 15 years and recently returned from an extended stay. All levels welcome. Class meets every Wednesday except for the third Wednesday of the month when dancers can join Jasmine Dominique for Afro-Brazilian/Afro Fusion Dance. **(\$4)**

Senior Water Aerobics – This is a low impact class that focuses on toning and cardio.

Lifeguard Academy – This is a free swim lessons and lifeguard training for anyone age 13+ that is interested in working as a lifeguard during the summers for Metro parks.

Paddleboard Clinics and Outdoor Recreation- Each month will take a deep dive into Paddleboard basic and variety of outdoor recreation activities.

Coleman Center Cardio Club – This heart healthy club invites the community to participate in tracking their cardiovascular activity as they reap the physical and mental benefits. Join today by giving us a call or dropping in!

Group Fitness or aquatics classes might be changed or cancelled due to low attendance or if an instructor is unavailable.

For accessibility inquiries, call 862-8400 Metro does not discriminate on the basis of age, race, sex, color, national origin, religion, or disability in admission to, access to, or operations of its programs, services, or activities. Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.